



CRANKBITE

Precision Fueling for Cyclists

User Guide v2.0

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Concept & idea

The idea behind **CrankBite** is simple: **Make fueling during your ride effortless.**

The process starts before you even get on the bike.

Whether you're planning a specific route or simply riding for a certain distance or duration, CrankBite helps you create a personalized nutrition plan in just a few minutes.

Based on your ride details and your preferred carbohydrate and fluid intake, CrankBite automatically generates a fueling schedule.

Simply add your favorite bars, gels and drink mixes, and your plan is ready. That's it!

For riders who want more control, CrankBite also offers advanced planning tools.

You can fine-tune the schedule by moving reminders, adding extra nutrition, inserting drink breaks, or even creating custom "sip reminders" to encourage frequent hydration throughout the ride.

Supported Cycling Computers

CrankBite is designed to work with all cycling computers, although the experience varies depending on the device.

Some devices, such as newer **Garmin Edge** computers and **Hammerhead Karoo**, can display your nutrition plan directly on the screen as an easy-to-follow timeline or list of upcoming reminders.

Other devices, such as **Wahoo**, currently use route points (POIs) to trigger reminders during your ride. While the presentation differs, the goal remains the same: ensuring you never miss your planned nutrition.

We are continuously improving device support and adding new integrations to provide the best possible experience across all cycling platforms.

Why Fueling Matters

Many cyclists underestimate how much performance depends on consistent fueling and hydration.

Waiting until you feel hungry or thirsty is often too late.

By following a structured nutrition plan, you can maintain energy levels, improve performance, reduce the risk of bonking, and recover more effectively after your ride.

CrankBite helps remove the guesswork, allowing you to focus on what matters most—enjoying your ride.

Thank you for choosing CrankBite.

I hope it becomes a valuable training companion and helps you get the most out of every ride.

Best regards,

CEO - Ulrik

Download software & App's

CrankBite IOS App

<https://apps.apple.com/gb/app/crankbite/id6756960987>

Garmin Connect App

<https://apps.garmin.com/apps/ba08c672-689f-499e-a698-14e9e8de5e06>



DATA FIELD

Crankbite

UnkVadstrup

Free · 0.0 · 0 Reviews · 10+ Downloads

App Info

Compatible Devices

Description

CrankBite helps you plan, track, and optimize your nutrition and hydration for every ride — so you can perform at your best when it matters.

Whether you're doing long endurance rides, structured training, or preparing for race day, CrankBite makes sure you get the right fuel, at the right time.

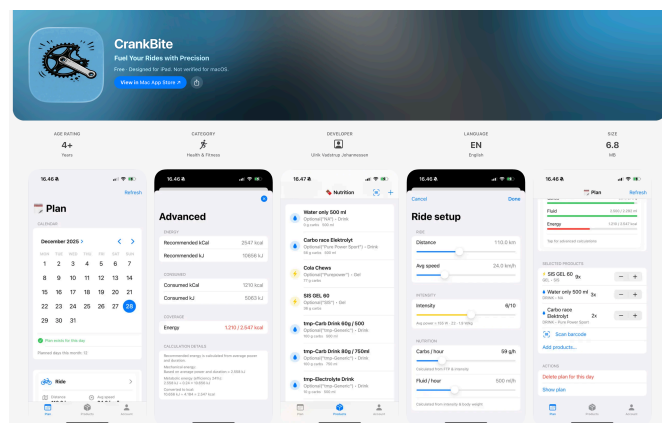
Plan your nutrition

Create daily ride plans based on distance, duration, and intensity

Automatically calculate carbohydrate and fluid needs...[More](#)

Preview





Create new Crankbite Account & login

1. Tap **Create New Account** on the login screen.
2. Enter your email address and choose a password.
3. (Optional) Enter your body weight to enable more accurate nutrition recommendations and calculations.
4. Tap **Create Account**.

Your account will be created, and you will be signed in automatically.

The image displays three sequential screenshots of a mobile application interface for creating a new account.

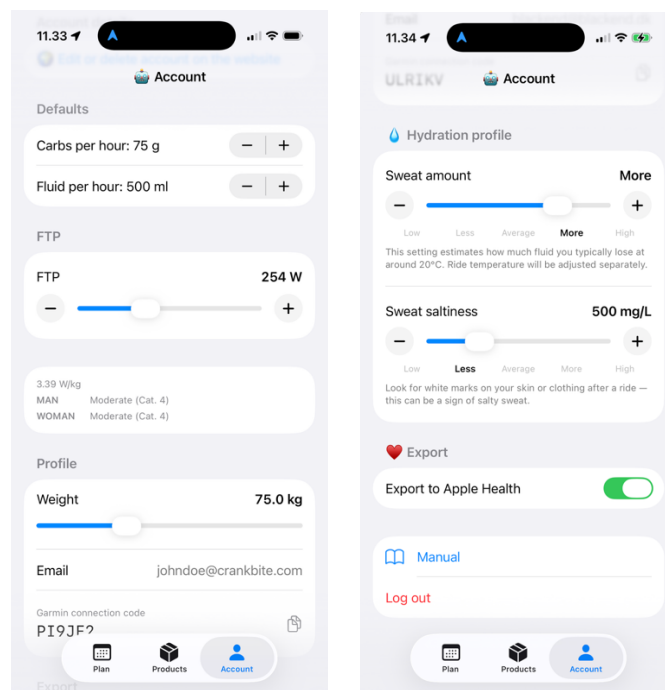
First Screenshot (11:21): The screen shows the 'CrankBite' login page. It features a 'Close' button at the top left. Below the app name, there are input fields for 'Email' and 'Password', and a link for 'Forgot / reset password?'. At the bottom, there are two buttons: 'Login' and 'Create new account'.

Second Screenshot (11:26): This screen is titled 'Create Account'. It has a 'Cancel' button at the top left. The form includes input fields for 'Email', 'Password', and 'Confirm password'. Below these is an 'Optional' section with a 'Weight (kg)' input field. At the bottom is a 'Create account' button.

Third Screenshot (11:27): This screen shows the 'Create Account' form with the email field filled with 'johndoe@crankbite.com'. The 'Optional' section is active, showing the 'Weight (kg)' input field. A 'Done' button is visible next to the 'Create account' button. A keyboard is visible at the bottom of the screen.

Settings account

1. Set your default **carbohydrate intake**, **fluid intake per hour**, **weight**, and **FTP (Functional Threshold Power)**. CrankBite uses these values to generate personalized nutrition recommendations for your rides.
2. Set your hydration profile when it comes to **seat amount** and **saltiness**. Crankbute use these values to estimate fluid and salt loss during rides.
3. Make a note of your **Cycle computer Connection Code**. This code is required when connecting and synchronizing data with your cyclecomputer device.
4. Enable **Apple Health integration** if you would like CrankBite to export ride and nutrition data to Apple Health.



Sync with Strava & RideWithGPS

Connecting Strava and Ride with GPS

1. Sign in to your account at www.crankbite.com.
2. Update your profile information if required and click **Save Changes**.
3. Select **Connected Services** from the top menu.
4. Connect your **Strava** and/or **RideWithGPS** account by following the on-screen instructions.

Once connected, you can:

- Import routes directly from Strava and Ride with GPS into CrankBite.
- Use your routes when creating ride plans.
- Synchronize nutrition data and fueling plans with Strava.

Note: You can permanently delete your CrankBite account and all associated data from the website.

To do so, click **Delete Account** at the top of the Account page.

My Account

[Connected Services](#) [Delete account](#)

Email

john.doe@crankbite.com

Name Phone

John Doe N/A

Address line 1

N/A

Address line 2

N/A

ZIP City

N/A N/A

Country

N/A

Weight (kg) Default carbs / hour

75.00 75

Default fluid / hour Device token

500 P19JF2

Save changes

Log out

Choose route

Cancel

Something went wrong

Strava: Strava not connected
Ride with GPS: RideWithGPS not connected

Try again

Connected Services

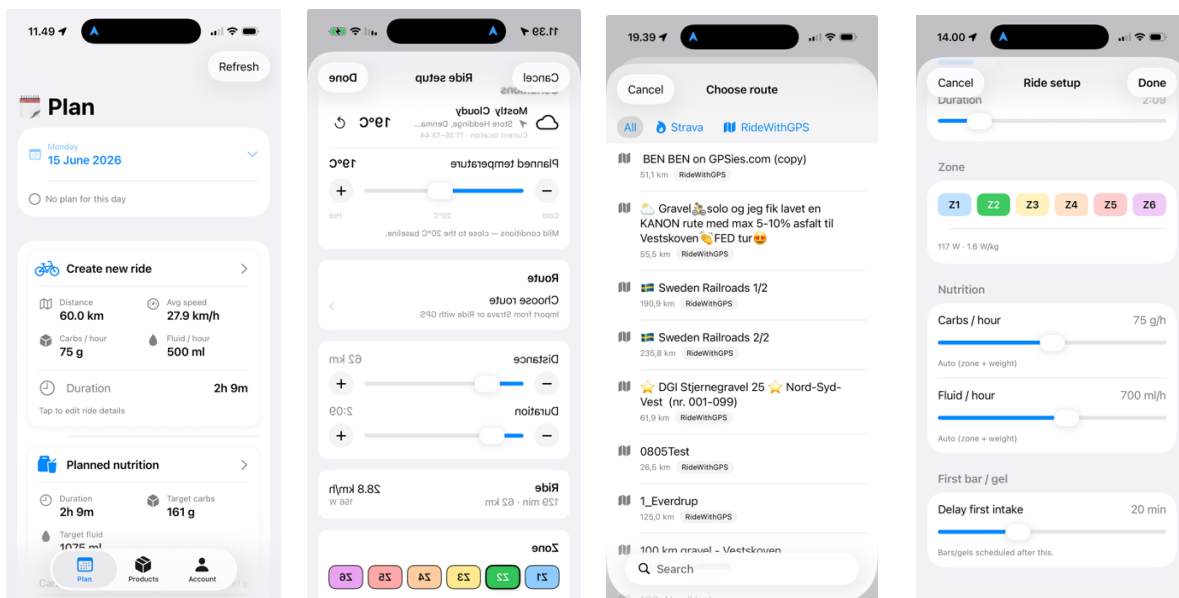
Strava	Not connected
Connect Strava	
Ride with GPS	Not connected
Connect Ride with GPS	

Create new ride.

1. Open the **Plan** tab and select the date for your ride. By default, the current date is selected.
2. Tap **Create New Ride** to open the **Ride Setup** screen.
3. On top you'll see the ride conditions for the ride – you can edit the **planned temperature**. If you choose a route in point 4. the weather forecast is collected from the start point.
4. If you have connected **Strava** and/or **Ride with GPS**, you can import an existing route by selecting **Choose Route**. Alternatively, you can create a ride plan by manually entering the distance and duration.
5. Select the expected **effort level / training zone** for your ride.
6. Based on your ride duration, intensity, and account settings, CrankBite will automatically calculate recommended **carbohydrate intake** and **fluid intake per hour**. These recommendations can be adjusted to suit your personal preferences or race strategy.
7. If desired, you can delay the first nutrition reminder. This is useful if you have already fueled before the ride or expect a busy start, such as during a race or group ride.

Note: The default delay for the first nutrition reminder is 20 minutes.

Tip: Drinks containing carbohydrates are prioritized over plain water when CrankBite suggests your fueling plan, helping to maximize carbohydrate intake while meeting hydration requirements.



Add nutrition

Building Your Nutrition Plan

Once your ride has been configured, CrankBite calculates your estimated nutrition and hydration requirements. The next step is to build a fueling plan by adding the products you intend to use during the ride.

1. On the **Plan** tab, review the **Nutrition Overview** section. This provides an overview of your estimated carbohydrate, fluid, and energy requirements for the ride.
2. Tap the **Nutrition Overview** to view a detailed breakdown, charts of hydration, Sodium and Carbohydrate balance and calculations and recommendations used to create your fueling targets.
3. Below the summary, you will find four progress gauges:
 - **Carbohydrates**
 - **Fluid**
 - **Sodium**
 - **Energy**

These gauges compare your planned nutrition against your calculated requirements.

4. As you add products to your plan, the gauges will automatically update and change color:
 - **Red** – Below recommended intake
 - **Green** – Within the recommended range
 - **Purple** – Above the recommended range
5. To add nutrition products, tap **Add Products** and choose one of the following options:
 - Select a product from the built-in database
 - Select one of your saved products
 - Scan a product barcode

When scanning a barcode:

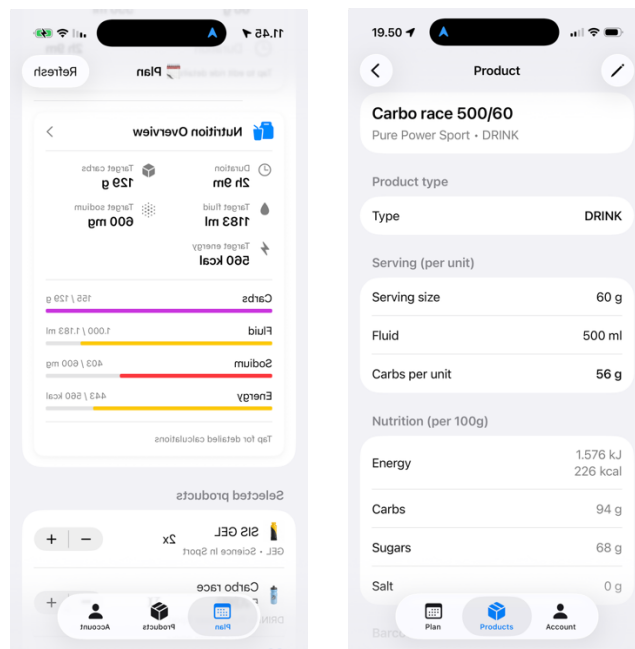
- If the product already exists in the CrankBite database, it will be added directly to your plan.
 - If the product is not found, CrankBite will attempt to retrieve nutritional information from online sources and prompt you to complete any missing details.
6. For most rides, it is recommended to aim for **green** or **purple** values on the **Carbohydrate** and **Fluid** gauges.
 7. To remove a product from your plan, swipe left on the product and select **Delete**.

Important: For carbohydrate-containing drinks, enter the nutritional values for the entire bottle, including:

- Serving Size
- Energy
- Carbohydrates
- Sugars
- Salt

The **Fluid** value should represent the amount of water contained in the bottle.

This ensures that CrankBite can accurately calculate both your energy intake and hydration requirements.



Plan / Schedule

Editing Your Nutrition Schedule

By default, CrankBite automatically creates a **Suggested Schedule** based on your ride details, nutrition targets, and the products you've selected. For most rides, this schedule is ready to use without any further adjustments.

If you'd like more control over your fueling strategy, simply tap **View/Edit Full Schedule**.
Customizing Your Schedule

The schedule editor allows you to fine-tune your nutrition plan exactly as you want it.

You can:

- **Drag and drop** nutrition items to move them earlier or later in the ride.
- **Tap the time or distance field** to enter an exact time for any reminder.
- Arrange your fueling strategy to match climbs, race tactics, café stops, or personal preferences.

Once you save your changes, the schedule will automatically change from **Suggested Schedule** to **Custom Schedule**, indicating that you're now using your own personalized plan.

Adding More Nutrition

Additional nutrition products cannot be added directly from the schedule editor. Instead, return to the **Add Nutrition** section and add the products there.

When you return to your custom schedule, any newly added products will appear **at the end of the schedule**.

Simply drag them to the desired position or assign them a specific time.

Sip Reminders

By default, CrankBite assumes that each drink bottle is consumed gradually throughout the ride. Instead of reminding you to drink every few minutes, it creates a single reminder for each new bottle.

If you prefer more frequent reminders to stay hydrated, you can enable **Sip Reminders**.

To add Sip Reminders:

1. Open the **three-dot menu** in the schedule editor.
2. Select **Add Sip Reminders**.
3. Choose how many reminders you want between each bottle (the default is **10**).
4. Tap **Add**.

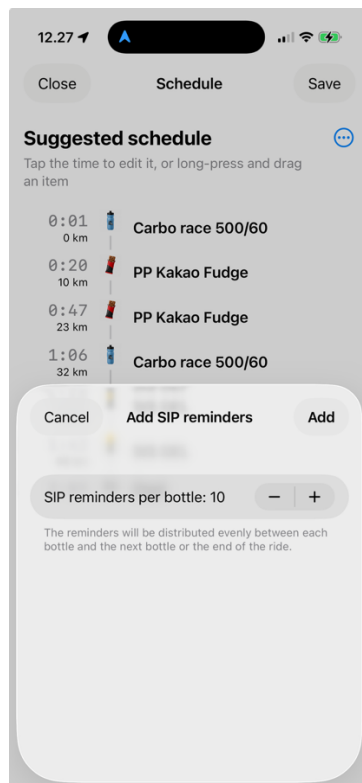
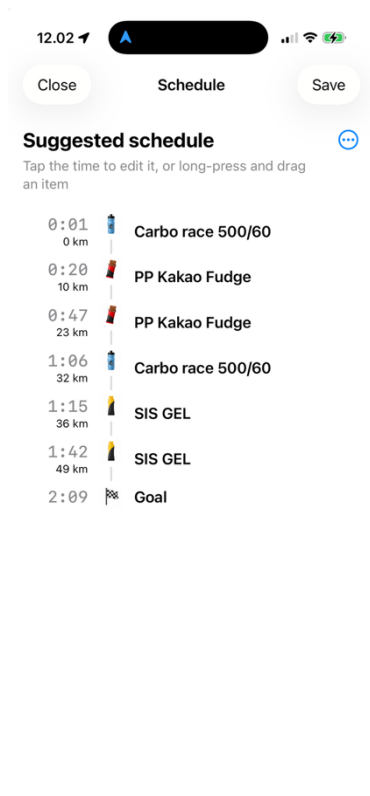
CrankBite will automatically insert evenly spaced drink reminders between each bottle change, helping you maintain consistent hydration without having to think about it.

Saving or Resetting

When you're happy with your changes, tap **Save** to store your custom schedule.

If you ever want to return to the automatically generated plan, open the **three-dot menu** and select **Reset to Suggested Schedule**. This removes all manual edits and recreates the schedule using CrankBite's automatic planning algorithm.

Tip: The suggested schedule is designed to work well for most rides. Custom schedules are ideal for races, long endurance rides, group rides, or whenever you have specific fueling preferences.



Products / Nutrition tab

Managing Nutrition Products

The **Products** tab provides an overview of all available nutrition products, including **bars**, **gels**, and **drinks**. Each product type is identified by a dedicated icon, making it easy to distinguish between different categories.

You can filter products using the following options:

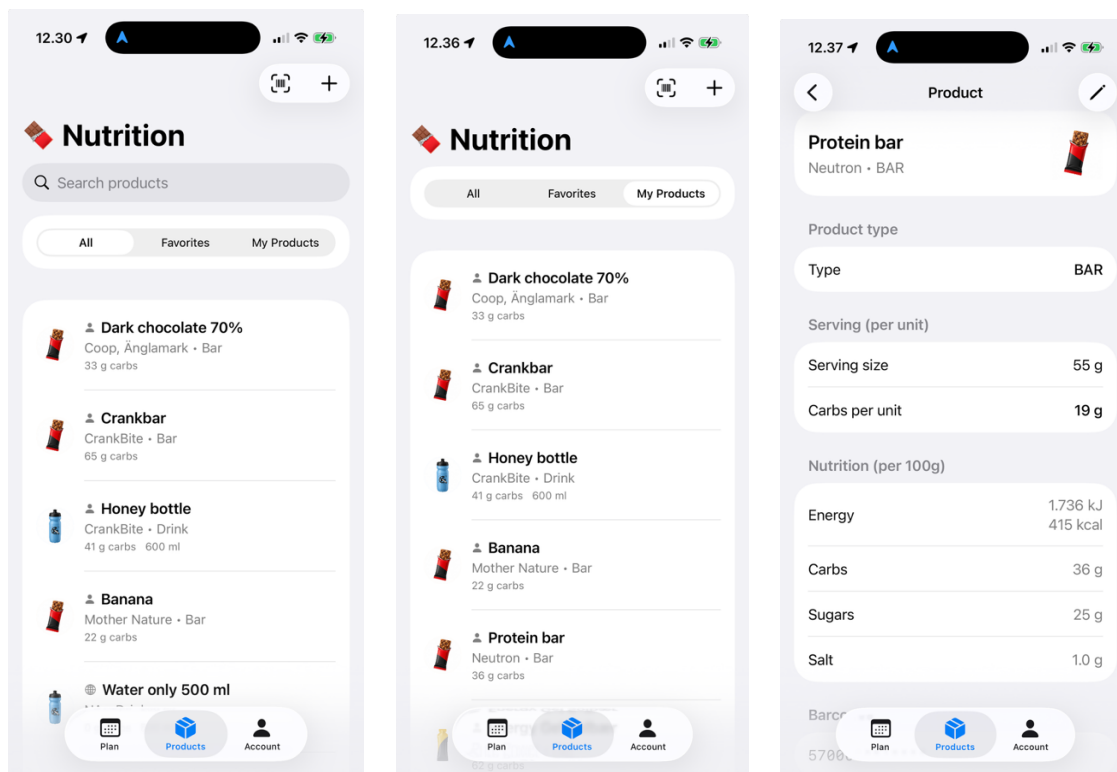
- **All** – Displays all available products.
- **Favorites** – Displays products you have marked as favorites for quick and easy access.
- **My Products** – Displays products you have created yourself.

When viewing **My Products**, you can add new products in one of two ways:

1. Tap the **+** icon to create a product manually.
2. Tap the **barcode** icon to scan a product and automatically import its nutritional information.

Products can also be added by scanning a barcode directly from the **Plan** tab while creating a fueling plan.

Tip: If you regularly use specific products, you can mark them as **Favorites**. This allows you to quickly filter and access your preferred nutrition products when creating a fueling plan. Creating your own product library and maintaining a list of favorite products makes it faster and easier to build accurate nutrition plans for training sessions, long rides, and races.



Crankbite + Garmin Edge Setup Guide

Prerequisites

Before you begin, make sure you have:

- A Garmin compatible device
 - The Garmin Connect app installed on your phone
 - The Garmin Connect IQ Store app installed on your phone
 - The Crankbite app installed on your Edge 1040 via Connect IQ ([Garmin](#))
-

Step 1 – Install Crankbite on the Garmin

1. Open the Garmin Connect IQ Store app.
 2. Search for **Crankbite**.
 3. Tap **Install**.
 4. Sync your Edge
 5. With the Garmin connected, select the unit in Garmin Connect IQ
 6. Select "My datafields", select **Crankbite**, select **Settings**
 7. Enter the UserID / Connection code found in the App
 8. Edit other settings and save.
 9. The app will be transferred to the Edge during synchronization. Connect IQ apps and data fields are supported on the Edge. ([Garmin](#))
-

Step 2 – Add Crankbite to a Ride Screen

1. Select your activity profile (Road, Indoor, Gravel, etc.).
2. Open:
 - Activity Profile
 - Data Screens
 - Select a screen
 - Add Data Field
3. Choose:
 - **Connect IQ Fields**
 - **Crankbite**
4. Save the screen.

Garmin allows Connect IQ data fields to be added directly to standard activity screens. ([Garmin](#))

Nutrition Alarms

For feeding alarms to show on the Garmin, a "**Crankbite field**" needs to be visible on the Garmin screen.

You can solve this by having a "**Crankbite Field**" visible on all screens. The field will adapt to size, so you can have quite small fields.

Troubleshooting

Crankbite does not appear on the Edge

1. Open Garmin Connect IQ.
2. Verify Crankbite is installed.
3. Sync the Edge again.
4. Restart the Edge.

No data is displayed

1. Ensure Bluetooth is enabled.
2. Open Crankbite on the phone (if required).
3. Move the phone closer to the Edge.
4. Restart the Crankbite app.

Data freezes

1. Exit Crankbite.
 2. Restart the app.
 3. Check battery-saving settings on the phone.
 4. Reboot the Edge.
-

Create CUE / POI nutrition route.

Exporting Routes with Nutrition Alerts

If you have connected **Strava** and/or **Ride with GPS** to your CrankBite account, you can export routes with built-in nutrition cue points. This allows your bike computer to provide nutrition reminders during the ride, even on devices that do not support the CrankBite Connect IQ data field, such as **Wahoo ELEMNT** devices.

CrankBite calculates each nutrition cue point based on your planned fueling strategy, ride distance, and estimated speed.

Creating a Route with Nutrition Cue Points

1. Create and configure your ride plan as usual.
2. In the **Ride Setup** screen, select a route using **Choose Route**.
3. Once your nutrition plan has been completed, open the **Plan** tab.
4. Tap **Export TCX/GPX**.
5. CrankBite will generate a new route containing nutrition cue points at the appropriate locations throughout the ride.
6. Export the route as either a **.TCX** or **.GPX** file.

Using the Route on Your Bike Computer

1. Import the exported route into your bike computer or navigation platform.
2. Start navigation using the newly generated route.
3. During the ride, your bike computer will display an alert whenever it is time to consume a nutrition item, such as:
 - A gel
 - An energy bar
 - A bottle of drink mix
 - A new water bottle

Tip: Route-based nutrition alerts are ideal for riders using bike computers that do not support the CrankBite data field. The cue points ensure you still receive timely fueling reminders throughout the ride.

